

Yoga @ finca la maroma



Wellness Integration: Balancing Body and Mind

Sun 5 – Fri 10 May 2024

*This comprehensive wellness journey offers an in-depth exploration of your inner dynamics, taking you beyond mere surface experiences. Under **Gérard**'s guidance, delve into various facets of well-being: from understanding yoga principles and meditation to exploring diverse yoga styles like Hatha, Yin, Sloth Motion yoga® and the deep relaxation of Yoga Nidra. This retreat prioritizes personal reflection and growth, striving for balance between physical health and mental well-being. You'll leave feeling revitalized, with newfound clarity and a deeper understanding of yourself.*



Vigor and Vitality: Mastering Yoga's Physical Essence

Sun 12 – Fri 17 May 2024

*As the mountains of Finca la Maroma stand firm and rooted, let this 5-day retreat inspire you to harness the power of your physical being. Building upon the introspective foundations of "Wellness Integration", "Vigor and Vitality" will journey you through the robust realm of Hatha Yoga. **Gérard** will lead you, nurturing the strength, flexibility, and resilience that lies within, channelling the learnings from the previous retreat into dynamic physical expression. From tailored asanas to conscious breathwork, you'll hone the art of physical presence, ensuring that every movement emanates from a place of deep understanding and connection. Conclude your retreat with renewed vigor, a heightened sense of physical well-being, and the confidence to embody yoga in every step.*



The Power of Hatha Yoga

Sun 19 – Fri 24 May 2024

***Matt (The Bearded Naked Yogi)** invites you to explore the fundamental practices, principles and postures of traditional Hatha Yoga and Atma Kriya meditation practice. Exploring the fundamental principles of breath, body and mind and their application towards the physical and mental practices of Yoga, this week will offer you the opportunity to feel stretched in both body and mind.*

Each **Men's Naked Yoga Retreat** at Finca la Maroma includes:

- 5 nights accommodation (shared double studio / single option available*)
- Full and varied programme of daily yoga; meditation, pranayama, asana
- Inclusive teaching appropriate to all levels of fitness and experience
- Plenty of free time to enjoy the space, tranquillity and freedom offered by Finca la Maroma's beautiful secluded location (see www.fincalamaroma.com)
- Delicious home cooked vegetarian meals (including wine with dinner)
- Use of heated pool, jacuzzi, gym, all in a clothing-optional environment
- Optional shared Airport Transfers can be arranged
- Optional chillout weekends (20% discount, or **free** if you book two retreat weeks)

Booking:

€795 per person

*Private Studios (double for single occupancy, on a limited basis) for a €200 supplement

25% deposit to reserve a place. Balance due one month before the event begins.

Special Offer : Stay on or arrive early and relax over the **"Chillout Weekends"** of 10-12 or 17-19 May and enjoy a 20% discount (i.e. room only for €100 per night), or if you book two retreat weeks, the weekend in between is free of charge!

Travel:

Arrival on Sunday - please book a flight to Malaga which lands by about 16:00 to ensure you're here in time for the welcome drinks and dinner.

Most guests hire a car to reach the Finca (see our advice here:

<https://fincalamaroma.com/faq/>).

Direct airport transfers are also available at €60 each way for up to 3 passengers.

Departure on Friday after lunch.

Contact Tom or Mark to reserve your place:

email: fincalamaroma@gmail.com

telephone: +34 951 90 48 21

